

LEARN TO LIVE HEALTHIER

March



JOIN US!
Caregiver Support Group
Meets Every Monday In March
10:00 AM-11:00 AM
Registration Required. Call 718-267-4273
Mount Sinai Hospital of Queens
25-10 30th Avenue, Long Island City

 The Mount Sinai
Hospital
of Queens

A Division of The Mount Sinai Hospital

INFORMATION & RESERVATIONS: **1-800-YOUR-MDS**

7 CHOLESTEROL SCREENING

Wednesday, 9:30 AM-NOON
Live Healthier: Learn How To Lower Your Cholesterol

Nicole Abenes, NP
By Appointment Only. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
Patient Resource Room, 1st Floor
25-10 30th Avenue, Long Island City

15 COLORECTAL CANCER SCREENING

Thursday, 7:00 PM-8:00 PM
Colon Cancer Screening & Education
Don't Delay—Get Tested Today

Free cancer screening kits for men and women over 50
Co-sponsored by Mount Sinai Hospital of Queens and Queens Healthy Living Partnership
Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City

20 COOKING DEMONSTRATION

Tuesday, 3:00 PM-4:00 PM
Cooking Demonstration:
Preparing Healthy Meals For Healthy Weight Loss

Thomas Stone, Chef
Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
Administration Annex Building, 4th Floor
23-34 30th Avenue, Long Island City

21 STROKE RISK ASSESSMENT

Wednesday, 11:00 AM-NOON
Stroke Prevention & Recognition:
When To Call 911

Michelle Garcia-Rybkin, MD
Registration Required. Call 1-800-Your-MDS
Goodwill Industries
4-21 27th Avenue, Long Island City

22 NUTRITION LECTURE

Thursday, 1:00 PM-2:00 PM
Power Foods That Boost Your Memory

Jennifer Taveras, RD
Sunnyside Community Services
43-31 39th Street, Sunnyside

29 BREAST CANCER SCREENING

Wednesday, 3:00 PM-6:00 PM
Breast Cancer Screening & Education

George Tsioulis, MD, PhD
Director of Surgical Oncology
Co-sponsored with Queens Breast Health Partnership with support from SHAREing & CAREing
By Appointment Only. Call 718-274-0365
No Charge to Patient
Mount Sinai Hospital of Queens
Senior Health Center
27-15 30th Avenue, Long Island City

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